

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

July

2012

### WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Back Page	Page 10

### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

#### Recreation Coordinators

DIANE ATIENZA  
SARAH FOSTER (acting)

Office Assistant III  
ROY DAY

Recreation Specialist  
NANCY HUGYIK

Nutrition Program  
EARLENE MINNIS  
650-964-6586

#### Evening Building Attendants

MORGAN BYLER  
MANNY CANAAN  
BJ HATHAWAY  
ANGELIKA IGNAITIS  
JUSTINA LINAN  
RICH STEPHENS

**WORKSHOPS:** Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### Breast and Cervical Cancer

Join Linda Chuang, MPH, CHES, for this important and educational workshop about taking charge of your health. Linda will cover topics such as what cancer actually is, risk factors for breast cancer and for cervical cancer, and prevention. She will also discuss the services offered by Cancer Detection Program: Every Woman Counts, including free screenings to those who qualify.

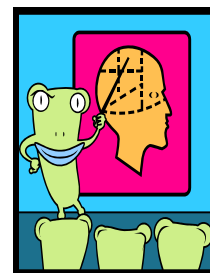


**When:** Thursday, July 12 at 1:00 p.m.  
**Where:** Social Hall



### Memory Games and Alzheimer's Disease

Join Dr. J. Wesson Ashford, Senior Research Scientist at the Stanford/VA Aging Clinical Research Center, for this interactive and popular workshop. Dr. Ashford will discuss Alzheimer's Disease, how to recognize it, what it does, and current research on the disease at Stanford and around the world. Engage in a memory screening game, MemTrax, anonymous and open to anyone who would like to participate. After the screening, Dr. Ashford and a staff member can review results and discuss concerns.



**When:** Tuesday, July 24 at 10:00 a.m.  
**Where:** Social Hall

### Search Engines

If you missed last month's workshop on Google, or if you want to find out more about finding out more on the internet, join Monica Lipscomb for this computer workshop. She will show you how to search on search engines other than Google. Find the information that you want faster and more accurately.



**When:** Wednesday, July 25 at 2:30 p.m.  
**Where:** Technology Room



WORKSHOPS



City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings! \*\*

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



## **Tinker, Tailor, Soldier, Spy:**

**July 3 & July 6**

**Rated:** R (*Violence, some sexuality/nudity and language*)

**Length:** 128 minutes

John Le Carré's classic thriller of Cold War espionage follows an English spy as he returns to MI-6 under a cloud of suspicion. In the years since he was sacked by the agency, some suspect he's become an operative for the Soviet Union.



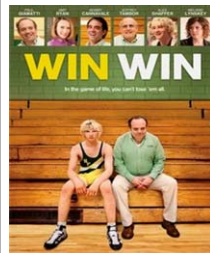
## **War Horse:**

**July 10, July 11 & July 13**

**Rated:** PG-13

**Length:** 146 minutes

Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France.



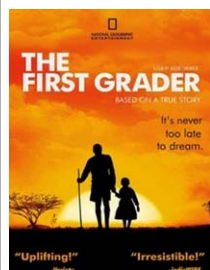
## **Win Win:**

**July 17, July 18 & July 20**

**Rated:** R (*Language*)

**Length:** 106 minutes

When down-on-his-luck part-time high school wrestling coach Mike agrees to become legal guardian to an elderly man, his ward's troubled grandson turns out to be a star grappler, sparking dreams of a big win -- until the boy's mother retrieves him.



## **The First Grader:**

**July 24, July 25 & July 27**

**Rated:** PG-13

**Length:** 103 minutes

Based on a true story, this inspirational drama profiles the amazing determination of 84-year-old Kenyan Kimani N'gan'ga Maruge, a Mau Mau freedom fighter who wants to take advantage of a new universal education decree by learning how to read.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- ♦ Sign-in upon arriving to the facility at either the front or back entrance
- ♦ Participate in social service, educational and recreational programs
- ♦ Socialize with other participants
- ♦ Obtain information and referrals for needed services
- ♦ Voice ideas and concerns regarding programs

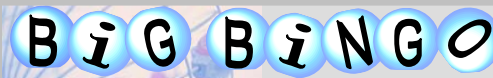


Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- ♦ Treat others with courtesy and respect
- ♦ Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- ♦ Refrain from the consumption of alcohol on the premises
- ♦ Attend any required program orientations, including specific guidelines for use of facility equipment
- ♦ Follow guidelines for use of facility equipment
- ♦ Follow rules of any programs or classes participant attends

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, July 16th at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.



-Feeling LUCKY?

Join us on

**Monday, July 2** at 1:00 p.m. in the Social Hall for Big Bingo.

## DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

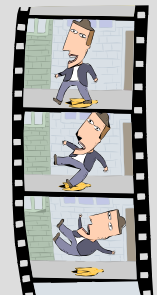
- Old eyeglasses • Magazines • DVDs • Paperback books •



**FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

## SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month (**7/10/2012**) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 am – 11:30 am. Up next for discussion is "The Long Way Home" by David Laskin. July's book selection is "The Brave" by Nicholas Evans.

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

## Senior Center Resources

Have you missed a workshop? Find information from past workshops on the magazine rack located in the Senior Center front lobby near the coffee bar. Any materials that speakers leave behind will be placed in the rack. Also, find out more about different senior centers and community groups in the Bay Area by reading their newsletters, available on a second magazine rack in the front lobby.



### Drop-In Bridge at the Senior Center

Join us for Drop-in Bridge at the Senior Center on Tuesdays from 5:15 p.m. until 7:15 p.m. in Multi-Purpose Room A. Grab your friends and meet new people by playing this popular card game! Playing cards will be provided, but there is no formal instruction. Beginners and more experienced players are welcomed. Call 650-903-6330 for more information.

### Post-Season Tax Appointments

AARP will continue to offer tax help on the first and third Thursday of each month until October. Appointments are available at the Senior Center at 9:00 a.m. and 10:30 a.m. To make an appointment call 650-903-6330.

## VOLUNTEER CORNER

May 2012

Brown Bag	240.00
Lunch Program	350.00
Receptionists	214.00
Social Services	52.00
Teaching	244.00
<b>Total</b>	<b>1,100 hours!!</b>

?

## Picnic Trivia

?

Here's a sample of some trivia you will encounter at this year's picnic:

Which of the following are not fruit?

- Apples
- Watermelons
- Tomatoes
- Blueberries



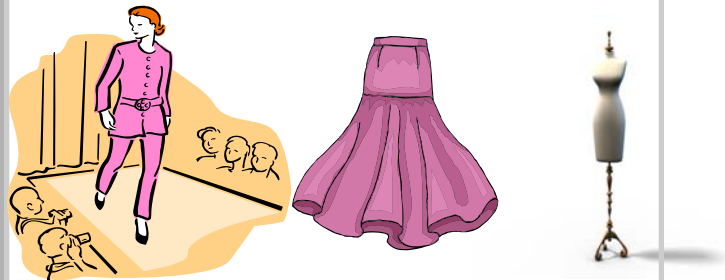
The answer is b) Watermelon. Watermelon is actually, technically, a vegetable. It is a member of the same family as cucumbers and squash. This revelation has no bearing on the watermelon's popularity, however. According to the U.S. Department of Agriculture, the average American will consume 15 pounds of watermelon this year.

## Senior Center Fashion Show

Please join us for a morning of fine food, fun, and fashion as the Senior Center presents the 11<sup>th</sup> annual Fashion Show. This year's show will feature the clothing of Kohl's Department Store, located at 350 Showers Drive in Mountain View! Come enjoy free refreshments as your fellow patrons show off their talents as runway models. Stay for the raffle, and a few other surprises. Everyone is welcome to delight in this free stylish celebration!

**Friday, August 24, 2012**

**10:30 a.m. – 11:30 a.m. in the Social Hall**



### What's up with the Transformer?

If you regularly work out in the Exercise Room, you probably have noticed that the weight machine is not in working order. After much consideration, staff has determined that the transformer will be removed from operation for practical and safety reasons. Hopefully the machine will soon be removed; in the meantime, please do not use the machine, it could malfunction and cause injury. Please feel free to ask for Sarah at the front desk if you have questions or give comments on equipment you might like to see in the exercise room!





# SUMMER PICNIC



Celebrate the birth of our great nation with a patriotic picnic! Join us in the Rengstorff Park picnic area on **Tuesday, July 10<sup>th</sup> at 12:00 p.m.** There will be lemonade, crisp green salad, baked beans, juicy watermelon, ice cream treats, polish sausage dogs\*, challenging trivia questions, and fun raffle prizes. Whew! Bring your family and friends: everyone will have a blast. Tickets are sold at the front desk starting for \$4 in advance, or \$6 on July 10. The free raffle ticket is included with your picnic ticket! Last year's picnic sold out, so get your ticket soon!

\*

Vegetarian option available upon ADVANCED request (no later than July 6).



City of Mountain View Senior Center presents...

## Senior Health & Wellness Day

**Saturday, August 11, 2012**

10:00 a.m. - 2:30 p.m.  
City of Mountain View Senior Center  
266 Escuela Avenue, Mountain View, Ca 94040

**Free!**

YOU choose which sessions you would like to attend! A schedule of the day's activities will be available the day of the event. Registration NOT required.

See the reverse for a sneak peek of the day's events!

Presentations & Demonstrations  
Health Screenings  
10:30 a.m. Keynote Speaker  
Informational Booths  
And much more!

FOR MORE INFORMATION, CONTACT THE SENIOR CENTER AT (650) 903-8330

Special thanks to the Kiwanis Club of Mountain View for their donation towards this event.

## Sneak Peak of Senior Health and Wellness Day

Saturday, August 11

Presentations & Demonstrations *(subject to change):*

Keynote presentation by Jeanne Dowell  
Fun Walk in the Park with Mayor Kasperzak  
Tai Chi and Qigong  
Yoga  
Exercise and Eating for a Healthy Heart  
Zumba  
Basics to Stretching & Adaptive Exercises  
Gardening in Small Spaces  
Emotional Wellness  
Cooking Demonstrations

*and much more!*

Health Screenings & Informational Booths:

(11:00 a.m. - 2:30 p.m.)

Body Mass Index  
Dental  
Vision  
Hearing  
Blood Pressure  
Bay Area Older Adults  
Bicycle & Pedestrian Safety



## SENIOR ADVISORY COMMITTEE

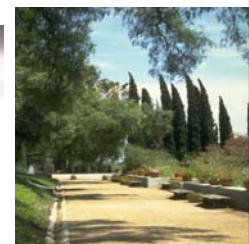
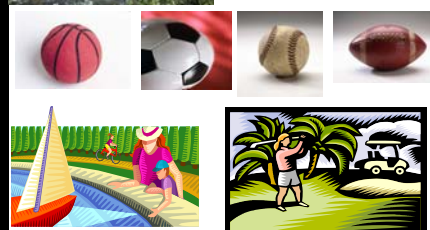
The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be:  
July 18, September 19 & October 17.



## July is Parks and Recreation Month!

Celebrate the month with activity and physical fitness! Or, visit a park and enjoy nature. We hope that you celebrate the month with us!



KEEPING CURRENT

Appointments are necessary, unless otherwise noted.  
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

**There are NO waitlists for appointments.**

## HEALTH SERVICES



**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**7/25/12**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**7/10/12 & 7/24/12**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**7/9/12 & 7/24/12**).



**NOTARY SERVICE** - Offered the **first Thursday** (**7/5/12**) of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - **Third Wednesday** (**7/18/12**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday** (**7/5/12 & 7/19/12**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Effective July 1, 2012, suggested donation for ages 60+ is \$3 & guests under 60 is \$6. Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



## MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

Senior discount passes for July 2012 and beyond may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883. If you do not have a Clipper card and want to have one, dress nice and have your photograph taken for a new Clipper card at the Senior Center, August 9 @ 10am.



## AARP DRIVER SAFETY

**REFRESHER COURSE** - Tuesday, August 28, 2012 from 4:30 p.m. to 9:00 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.\* To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier.

\*For the August session only, AARP is offering a promotion for all current and former educators. Individuals who have worked as an educator, or for a school district or university in any capacity, may take the August refresher course for \$5. See the front desk for more information and coupon. **ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

**NOTE** - AARP may cancel course if fewer than 10 students enroll.

## CSA Information and Referral Day: MEDI-CAL

Come join Community Services Agency's Senior Case Managers to learn about Medi-Cal benefits. Senior Case Managers will be available to answer your questions and assist you in filling out Medi-Cal applications and redetermination forms from 10:00 a.m. - 11:00 a.m.

**APPOINTMENTS REQUIRED** - Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

**Date: Tuesday, July 17**

**Where: Senior Center Counseling Room**



# Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.



## JACKSON RANCHERIA

Jackson, CA

**WHEN:** Monday, July 9, 2012

**COST:** \$33 per person

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

**DEPART:** 7:30 a.m. from Senior Center

**RETURN:** Approximately 5:30 p.m.

## Feather Falls Casino

Oroville, CA

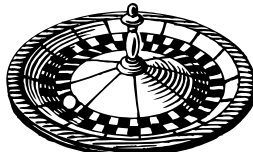
**WHEN:** Monday, August 6, 2012

**COST:** \$33 per person

**INCLUDES:** Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

**DEPART:** 7:30 a.m. from Senior Center

**RETURN:** Approximately 5:30 p.m.



## Christmas at the Castle

is coming. Space is limited, so reserve your place for a special holiday trip. **\$100 deposit required**, balance due October 1, 2012.

## ANNIEGLASS STUDIO & SHADOWBROOK LUNCHEON

**WHEN:** Thursday, July 26, 2012

**COST:** \$98.00 per person



We're headed to Watsonville to visit ANNIEGLASS STUDIO, home of award-winning, handcrafted glassware. ANNIEGLASS can be found in luxury retailers, prestigious hotels, and the homes of the rich and famous. See the artist, Annie Morhauser, at work and have the opportunity to shop for beautiful glassware pieces as well. Afterward enjoy a leisurely hosted lunch at the Shadowbrook Restaurant, offering world-class atmosphere and cuisine, located beside lush Soquel Creek in Capitola-by-the-Sea.

## APPLE HILL







**WHEN:** Wednesday, October 3, 2012

**COST:** \$69.00 per person



Travel to the beautiful High Hill Ranch at Apple Hill to enjoy a delicious BBQ chicken lunch and hot apple pie alamode for dessert. Then learn about the history and development of Apple Hill as you enjoy a bus tour that will wind down country roads flanked with beautiful scenery and stop at fruit filled orchards. Fall colors spreading across the countryside will make this a day to remember. Allow time for exploration of the ranch and visit the gift shop and craft fair.



Monday	Tuesday	Wednesday
<p>2 10:45 Dancing, Social Hall 11:45 Lunch Baked chicken, whole grain bread, carrots &amp; broccoli, fruit 1:00 Big Bingo, Social Hall</p>	<p>3 11:45 Lunch Chef's choice fish, brown rice, Japanese veggies, green salad w/ carrots, mandarin oranges 1:00 Movie: Tinker, Tailor, Soldier, Spy 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>4  Closed Happy Birthday, America </p>
<p>9 8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch  Stuffed salmon, pasta &amp; peas, Japanese blend veggies, carrot raisin salad, orange</p>	<p>10 8:50 Eyeglass Repair 10:30 Book Club - "The Long Way Home" 11:45 Lunch Meat loaf, whole grain bread, corn &amp; red bell peppers, mashed potatoes, fruit 12:00 Summer Picnic 1:00 Movie: War Horse 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>11 10:30 Line Dancing, Social Hall 11:45 Lunch B.B.Q. chicken, whole grain bread, California blend veggies, green salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: War Horse</p>
<p>16 10:45 Dancing, Social Hall 11:45 Lunch  Chicken tortellini salad, cauliflower, peas, tomatoes &amp; broccoli in entrée, warm dinner roll, fruit 2:00 Newcomer's Group</p>	<p>17 11:45 Lunch Teriyaki chicken, brown rice, Japanese veggies, green salad w/tomatoes, pineapple chunks 1:00 Movie: Win Win 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>18 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch  Beef enchilada, corn tortilla, Spanish rice, shredded lettuce &amp; cabbage salad, cantaloupe 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Meeting 5:30 Movie: Win Win</p>
<p>23 10:45 Dancing, Social Hall 11:45 Lunch Chicken noodle soup, whole grain bread, broccoli, onions, lettuce tomatoes, cucumber &amp; cabbage salad, fruit</p>	<p>24 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch B.B.Q. beef, whole grain bread, green beans &amp; cauliflower, green salad, fruit 1:00 Workshop: Memory Games and Alzheimer's Disease 1:00 Movie: The First Grader 2:00 Wii Bowling 5:15 Drop In Bridge</p>	<p>25 1:00 Workshop: Search Engines 10:30 Line Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, diced carrots, coleslaw w/apples &amp; mandarin oranges, watermelon 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The First Grader</p>
<p>30 10:45 Dancing, Social Hall 11:45 Lunch  Beef stroganoff w/ mushrooms, noodles, California blend veggies, lettuce &amp; cabbage salad, sugar free gelatin w/fruit</p>	<p>31 11:45 Lunch Oven breaded chicken, whole grain bread, peas &amp; carrots, baked potato, orange 1:00 Movie: J. Edgar 2:00 Wii Bowling 5:15 Drop In Bridge</p>	



## Thursday

## Friday

# Strawberry Shortcake

### Ingredients:

1 large angel food cake

### For the custard:

1 8oz. package cream cheese, softened

1 14 oz. can sweetened condensed milk

1 12 oz. container frozen whipped topping, thawed

### For the glaze:

1 cup sugar

3 tablespoons cornstarch

3 tablespoons strawberry gelatin

1 cup water

2 cups fresh strawberries, cut in half

Whole fresh strawberries and mint leaves, for garnish

### Directions:

Slice cake, using a serrated knife, horizontally into 3 equal layers.

### For custard:

Mix together cream cheese, condensed milk, and whipped topping in a bowl; set aside.

### For the glaze:

In a medium saucepan, stir together sugar, cornstarch, and gelatin; add water. Cook stirring over medium heat until thick. Remove from heat and allow to cool completely.

Fold in strawberries.

### For assembly:


Place 1 layer of cake in a large clear bowl. Top with a layer of glaze, followed by a layer of custard mixture. Repeat layering in this order for remaining cake, glaze and custard. Top cake with 3 whole fresh strawberries and fresh mint leaves.


**5**  
8:30 Notary Service  
10:30 Bookmobile  
**11:45 Lunch**  
Pork chop, mushroom  
gravy,  
Whole grain bread, oriental  
veggies, mashed potatoes,  
fruit

**12**  
10:30 Bookmobile  
**11:45 Lunch**  
Hamburger, bun, lettuce &  
tomatoes, green beans, po-  
tato  
salad, cantaloupe  
1:00 Workshop: Breast and  
Cervical Cancer


**19**  
10:30 Bookmobile  
**11:45 Lunch**  
Baked fish, brown rice,  
California blend veggies,  
green salad, fruit  
1:00 SALA Appointments

**26**  
10:00 VTA Clipper Cards  
10:30 Bookmobile  
**11:45 Lunch**  
Seasoned meatballs, baked  
penne pasta, Italian veggies,  
tossed salad, fruit

**6**  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
**11:45 Lunch**  
 Beef minestrone soup, 4 way blend  
veggies, dinner roll, spinach &  
cucumber salad, cantaloupe  
1:00 Movie: Tinker, Tailor, Soldier, Spy

**13**  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
**11:45 Lunch**  
 Chili Colorado, tortilla, fresh pinto  
beans, spinach, cucumber &  
tomato salad, fortified apple juice  
1:00 Movie: War Horse

**20**  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
**11:45 Lunch**  
Chicken cacciatore, onions, green  
bell peppers, mushrooms &  
tomatoes in entrée, seasoned pasta,  
green salad, fruit  
1:00 Movie: Win Win

**27**  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
**11:45 Lunch Birthdays!!**  
 Chile verde-pork, tortilla, fresh  
cooked pinto beans, green salad  
w/ cabbage, cantaloupe  
1:00 Movie: The First Grader



**NUTRITION PROGRAM** - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$6.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

***WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!***

## Free Summer Concert Series



Celebrate summer outdoors with the City of Mountain View's free concert series! Free on Thursday evenings in July and August. All concerts are from 6:30 p.m. to 8:30 p.m.



**July 12 SV Houserockers**  
(Castro Street) – Classic and Contemporary Rock and Soul Music

**July 19 The Cocktail Monkeys**  
(Cuesta Park) – Hits of the 80's, 90's, and Today

**July 26 OTR**  
(Castro Street) – Winner of KFOX Last Band Standing! Classic Rock at its best!

**August 2 Caranarai**  
(Rengstorff Park) – Tribute to Santana

**August 9 Metal Shop**  
(Castro Street) – 80's Arena Rock Tribute Band

**August 23 Long Train Runnin'**  
(Castro Street) – Tribute to the Doobie Brothers

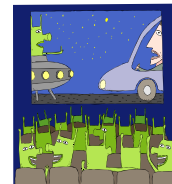


**GIVE US  
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!

## Free Outdoor Movies

The City of Mountain View Recreation Division presents the Summer Outdoor Movie Night Series. Bring your own blanket or lawn chair to enjoy these free movies in the park. Each movie begins on Fridays at 8:30 p.m.



**July 13 Kung Fu Panda 2**  
(Cuesta Park)

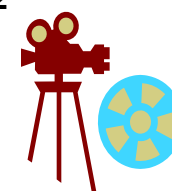
**July 20 Puss in Boots**  
(Whisman Park)

**July 27 The Incredibles**  
(Eagle Park)

**August 3 The Muppets**  
(Stevenson Park)

**August 10 Cars 2**  
(Sylvan Park)

**August 17 Happy Feet 2**  
(Rengstorff Park)



## Drive-in Theater 79 years old

Can you remember your first drive-in movie? The first drive-in was built in Camden, New Jersey 1933. A drive-in theater is a form of cinema structure consisting of a large outdoor screen, a projection booth, a concession stand and a large parking area for automobiles. Within this enclosed area, customers can view movies from the privacy and comfort of their cars.

Originally, a movie's sound was provided by speakers on the screen and later by an individual speaker hung from the window of each car, which would be attached by a wire. This system was superseded by the more economical and less damage-prone method of broadcasting the soundtrack at a low output power on AM or FM Radio to be picked up by a car radio.